



U COOK

Blue Cheese & Sweet Onion Beef Sub

with potato wedges

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	716.9kJ	5670.3kJ
Energy	171.5kcal	1356.2kcal
Protein	8.2g	64.9g
Carbs	16.9g	134g
of which sugars	2.7g	21.6g
Fibre	1.6g	13g
Fat	6.7g	53.4g
of which saturated	1.8g	14.2g
Sodium	449.3mg	3554.1mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
200g	400g	Potato <i>rinse & cut into wedges</i>
5ml	10ml	Greek Seasoning
1	1	Onion <i>peel & roughly slice</i>
5ml	10ml	Dried Oregano
150g	300g	Beef Rump Strips
5ml	10ml	NOMU BBQ Rub
1	2	Sourdough Baguette/s <i>halve, lengthways</i>
20g	40g	Blue Cheese
20g	40g	Grated Cheddar Cheese
50ml	100ml	Mayo
50g	100g	Cucumber <i>rinse & cut into rounds</i>

1. GREEK POTATOES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the Greek seasoning and pepper. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. OREGANO-SPICED SWEET ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add the oregano and a sweetener (to taste). Remove from the pan, season, and cover.

3. BROWN THE BEEF Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, add the beef strips to the pan along with a knob of butter and the NOMU rub. Cook until browned, 20-30 seconds (shifting occasionally). Remove from the pan, reserving any pan juices, and season.

4. MMMELTED CHEESE Top the bottom half of the baguette/s with the beef strips and the caramelised onion. Crumble over the blue cheese and top with the cheddar cheese. Place the loaded baguette bottom/s on a roasting tray, along with the top half, leaving them open. When the potatoes have 5-7 minutes remaining, add the baguette/s and roast until the cheese has melted and the bread has warmed through. Remove from the oven.

5. WELL DONE, CHEF! Plate up the cheesy baguette, topped with the cucumber. Close it up and serve the potato wedges on the side, along with the mayo for dipping. Dinner is served!

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter